

Ka hortagga Xannuunka Kulayka



SI QABOW AH KU JOOG.

DAREERE FIICAN CAB.

IS WAR-GELI.



Markii dibedda kulayl yahay: Taloyin si looga hortago Xannuunka Kulaylka

- **DAREERE CAB** ka hor, ka dib iyo intii aad wax-qabad jireed sameynayo: 10 jeer biiyo liq 15-20 daqiqo walba.
- Ku labiso dhar khafiif ah oo aan jirkaaga ku dhegnayn, koofiyad iyo jirkaaga mari daawada qorrax-celiska.
- Iska ilaali waqtiga aad dibedda joogeesid, si joogto ah u naso iyo meel har leh hoos istag.
- JOOG meel qabow ah: Ka hortag inaad dibedda ka qabato jimicsi ama wax-qabad jireed oo fir-fircooni markii uu jewiga aad kulayl u yahay.
- OGOW wararka casriga oo ku saabsan jewiga iyo caafimaadka & amniga.

Jewiga aad u kulul wuxuu sababi karaa xannuun ama dhimasho!

Iska ilaali calaamadahaan

MURUQGO'A KULAYLKA

Xannuunka ama burunjiyeenta muruqyada gacanta, lugaha ama caloosha. Dhiddid badan.

→ **Gargaarka Deg-degga:** Cadaadis saar muruqgo'a ama si tartiib ah u daliig muruqa si loo joojiyo burunjiyeenta. Bukaanka biiyo ha kabbado. Haddii uu lallabo dareemo, jooji biiyaha.

DAALKA KULAYLKA

Dhiddid badan, tabar-yari, dhaxan, maqaar midabkiisu cad yahay. Lallabo ama matag. Waa suurtgal in heer kulka caadi yahay. Madax xannuun iyo waxaa suurtgal ah in la dareemo muruqgo'.

→ **Gargaarka Deg-degga:** Ardayga meel ka fog qorraxda jiifi. Dharka jirkiisa ku dhegan in yar ka saar, iyo maro qoyan oo qabow ah jirkiisa saar. Tag qol hawo qaboojiye leh. Bukaanka biiyo ha kabbado aysan ka eheen markuu lallabo qabo. Haddii mataga istaagi waayo, takhtarka wac.

XANUUNKA KULAYLKA

Astaamaha laga wal-walo waxaa ka mid noqon karo heer kulka jirka oo sareeyo (ka sareeyo 103 degree), maqaar qallalan oo casaan ah (dhidid la'aan), madax-xannuun garaactamaaya, suuxdin, jaah-wareer, lallabo, wadnaha si deg-deg ah u garaactamaayo. Wareer maskaxeed.

→ **Gargaarka Deg-degga:** Isla markiiba wac gargaar caafimaad ama ardayga u qaad isbitaalka. Haddii gargaarka lala daaho wuxuu sababi karaa dhimasho. Ardayga gey qol hawo qaboojiye leh. Ardayga ceryaamey adigoo isticmaalayo biiyo, marawaxado ama maro qoyan. Haddii heer kulka jirka dib kor u kaco, dib u qabooji. Ha siinin dareere la cabo.



Information adapted from materials developed by the Arizona Department of Health Services
Extreme Weather and Public Health Program (<http://www.azdhs.gov/phs/oeh/heat/>).

Somali